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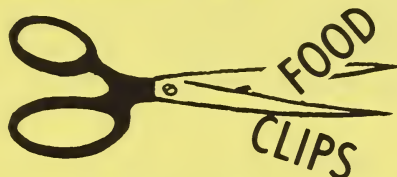
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Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

January 14, 1974



In This Issue:

- 1 On Saving Energy At Home
- 2 > The "Young Family" Profile
- 3
- 4 Food Prices - Updated

Leftover nuts from your cooking-baking chores of the holidays? Nuts in the shell keep well in a nut bowl at room temperature for a short time. For prolonged storage, keep them in a cool, dry place. Do not store nuts in a damp place!

* * *

Why is a stabilizer added to peanut butter? It helps to retard oil separation. Salt -- and sometimes sweeteners -- are added for flavor, according to home economists at the U.S. Department of Agriculture.

* * *

Buy flaked coconut if you're making coconut pies or cakes because it is easier to cut and serve your dessert. Moist or very moist coconut may be more desirable to use in foods that are somewhat dry.

* * *

Remember meat and poultry that is tender before freezing will stay tender after freezing if it is properly prepared, packaged, frozen, and stored. However, if you have a tough piece of meat, don't think freezing it will make it any more tender.

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USDA 29-74

ENERGY CONSERVATION - At Home

A "house check" is one way of seeing what you can do about the energy crisis. Go over your home and see what you can do to conserve energy. Figures show approximately five percent of the Nation's total energy is wasted in the home. You are wasting your own money, warn Extension home economists of the U.S. Department of Agriculture.

Check the temperature control in your home first. Then--a check list. 1) Loose fitting window panes should have air spaces filled with a caulking material and weather stripped. 2) Unused outside doors could be sealed. 3) Unused rooms should be closed, left unheated. 4) Limiting the use of kitchen and bathroom exhaust fans will reduce the amount of warm or cool air drawn out of the house. 5) Heating and cooling systems should be kept in good operating condition. There is a potential energy saving of 10 percent or more if the heating equipment is clean and well maintained. 6) The damper on the fireplace should be closed when the fireplace is not in use. 7) The installation of glass doors on the fireplace that could be closed as the fire burns down eliminates the need to leave the damper open overnight.

PROFILE ON---

Young Families

A new profile -- a new look -- at young people from 19 to 34 years of age who comprise the "young family" image in our country is one of the current focuses of the Extension Service of the U.S. Department of Agriculture. As a result of information compiled by Extension Service during the last four years on the changing image of the family, an intensified effort is being made to reach and teach young families.

The so-called "young family" label for identifying purposes, may be a young person between 19 and 34 years of age, single, or a single parent or a couple with or without children. Whatever the actual status, the "young family" represents an important segment of our society which is increasing at the greatest rate today. There are approximately 60 million Americans in this age group--30 percent of our total population.

New information and different decisions face young families today who are not group-oriented, therefore, cannot get most of their information from the old, reliable methods. And, today's young families are often a problem to reach because they are not group-oriented. They are also very mobile. Thirty-seven percent of the people in their twenties moved at least once during 1970--moving is characteristic of most young families.

Many of these young families often have limited resources---money, education, transportation---because they frequently lack experience, skills and training. Over 12 percent of the young families are black or other minorities. Young families are ready for help because they need a good start and actually are seeking answers. The right attitudes and practices will offer them a chance to build a future for the family. The basic foundations need to be made in the areas of good nutrition and health, family communication and relationships, child care and development and management of resources.

(continued)

Young families tend to collect in and around middle-sized cities, and often live in the lower-priced housing areas...by necessity. Mobile homes and apartments are usually the answer budget-wise, but the young families' preferences lean towards condominiums and townhouses according to Extension Service reports. The changing picture of the working woman has also caused the young family situation to be different. There are 33 million working women and 4.4 millions have children under the age of six.

Who is the working woman? Fifty-one percent of the female population are gainfully employed outside the home. Fifty-two percent of all American women (ages 18-64) are in paid employment. Three out of five of all women workers are married. In 1950-1972 the number of husbands and wives working increased from 25% to 38%. According to 1969 figures, 30.4% (almost 1 of 3) of the women who have children under age six are working mothers.

Women today—do 85% of the buying...make 42% of all income tax returns...inherit 70% of money and property...own 57% of the savings bank deposits...have name on 2/3rds of the U.S. Savings Bonds.

And what are the trends? According to the Extension Service reports on the Young Family profile -- women are returning to the labor market after age 35. Non-employed women are engaged in volunteer activities and young people stay unmarried longer. Young people combine in other than wedlock. There is an anti-materialism stance now and there are younger, more affluent, recreation-minded consumers -- two of four teenagers go to college.

And for the 1980's? Projections by Extension Specialists are--there will be 10 million more families than now, 61 million families, 4.3 million babies. Young households (head under 35 years) will account for \$1 of every \$3 spent.

Extension Service programs for "young families" continue "to help people to help themselves."

COST OF FOOD AT HOME FOR A WEEK (November)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$24.00	\$30.60	\$37.00
Elderly couple.....	19.70	25.50	30.50
Family of 4 with preschool children.....	34.90	44.40	53.50
Family of 4 with elementary school children.....	40.40	51.70	62.90
Individuals*			
Women			
20-34 years.....	10.10	12.90	15.40
35-54 years.....	9.70	12.50	14.90
55 years and over.....	8.20	10.70	12.70
Men			
20-34 years.....	11.70	14.90	18.40
35-54 years.....	10.90	13.90	16.80
55 years and over.....	9.70	12.50	15.00
Children			
1-2 years.....	6.00	7.50	8.90
3-5 years.....	7.10	9.10	10.80
6-8 years.....	8.60	11.00	13.60
9-11 years.....	10.00	12.90	15.50
Girls 12-19 years.....	10.80	13.90	16.60
Boys 12-19 years.....	12.60	16.30	19.40

* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5, subtract 5 percent; 6 or more, subtract 10 percent.

COMMENTS AND INQUIRIES TO:

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